

Case study #14 reflection (12 hours)

To begin my reflection, I would like to mention that I had several errors with posting my case study. I accidentally posted my rough draft into Moodle and had to submit my project via email because of this. However, I found this project very insightful because this was the first full case study, we have completed outside of NCP pro. I think I would recommend the textbook version, instead of the online source for many reasons. But the reason I enjoyed this case study so much was because I was not entirely confident in the patient's age group or disease group. I found a lot of sources that were for T1Dm but for adults outside of the ADA, which was a valuable resource. But as I moved from the ADA into meta-analysis and RCT's I found that the information was very variable and I had to, in most cases go with the ADA. Another section that was very interesting was the specific population and the types of precautions that are needed to control or monitor their conditions. Because while I am knowledgeable about the mid-years and older years, adolescents is not my cup of tea. The reason for this is because they have a lot more variables that could be missed or overlooked. I have a few stumbles while doing this case study and I think looking back, I should focus more of my attention on several key points. Number 16, which was the energy and protein requirements, and I mention this because of the multitude of options and the type of care scenarios made this very difficult. But with this section affecting 3-4 more sections on the case study, it was deeply impactful on the final grade. Another section that I should look back and possibly even ask a few questions was 20. I thought I understood the question being asked and answered correspondingly but looking back I think I misinterpreted the question or the data. Another section that was confusing, but this

involved the textbook was the time frame of energy requirements. The book mentions the initial assessment but then for the ADIME note, I used the initial energy intake instead of the intake that was reported later in the questions. To my understanding I did this correct because the food list was during a follow-up and not the initial. The last section I think that may need more attention is question 22 section b. I read the textbook and outside sources, and I believe my answers followed the guidelines, but it just didn't seem correct, if this was truly a follow-up appointment.

Overall, I think using this textbook is the correct choice besides some key factors. While the NCP pro is online and I assume updated frequently, the textbook is the same, but each student may have a different version, and this could affect your grade. I did enjoy the fact that everything was consolidated into 12 pages instead of a ton of files. I have the actual textbook and something that is rather time consuming is the data transfer and I already made the mistake of submitting an incomplete version of the case study because of this. But I think before the next class starts to either upload the case studies into Moodle to ensure everyone has the same copy or move back to NCP pro. Lastly, I think doing this type of case study for the first time was very helpful and insightful but I now know where I need to focus my attention on moving forward.